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A TRULY UNI-QUE ACT

Vinyl Burns hams it up with a funny rendition of Guns N' Roses' song Sweet Child o' Mine at the Ottawa International Busker Festival on Sparks Street on Monday. For more scenes from the weekend-long event, turn to page 4. SEAN MCKIBBON/METRO

THERE'S A POWER OF GOOD IN SEA OF MONSTERS

YOU DON'T HAVE TO BE A DEMIGOD TO BE STRONG, SAYS PERCY JACKSON STAR ALEXANDRA DADDARIO

PAGE 12

All not on board with enhanced train security

VIA Rail. Travellers worry more security measures will make trains more expensive, hectic

JOE LOFARO
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Talk of VIA Rail looking at enhancing security in major Canadian cities got a lukewarm reception from travellers at the Ottawa station Monday.

According to documents obtained by The Canadian Press, VIA Rail is considering bolstering security across its network "in direct response" to the alleged terrorist plot that was foiled by police in April. Two Canadian men and an American man were arrested after police say they were involved in a scheme to derail a passenger train.

Travellers at the Ottawa train station on Tremblay Road weren't too keen on the idea of travelling by train becoming more like checking in at an airport. They say they welcome enhanced security but worry it might mean slower service and higher costs.

"Right now you can get here 40-45 minutes before, no problem. But probably you're going to have to get here in maybe double the time, an hour and a half before, to get your baggage checked," said Edward Sum of Toronto.

"I don't like the hassle of doing the check-in with the baggage check and everything."

VIA Rail is looking at ensuring all checked baggage can be linked to an on-board passenger and having more dogs sniff out baggage and conduct walkabouts in cities such as Ottawa, Toronto and Vancouver.

It is also considering mandatory identification checks for passengers aboard VIA-Amtrack trains.

"If they do it in a way that's not going to slow down traffic, it is (a good idea)," said Heidi of Ottawa, who withheld her last name.

"If you have to be here two hours (before) like you do on a plane, then I don't think it's a good idea. I think it's overkill."

Most of the travellers who spoke to Metro say they preferred the train to flying because it's less hassle and is cheaper than flying. Some questioned where VIA will get the money for the changes.

"Most departments are at their limit now, so if they are going to implement these they will need more money," said Heidi.

A VIA spokesperson could not be immediately reached for comment.

WITH FILES FROM THE CANADIAN PRESS

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Gatineau

Police seek info on unconscious man

Gatineau police are seeking the public's help in identifying a man between the ages of 25 and 30 who was found unconscious Saturday evening after a 10-metre fall near Gatineau City Hall on Maisonneuve Boulevard. He is described as having a pale complexion, measuring about five-foot-10 with short brown hair. Anyone with information is asked to call 819-243-2346 extension 6054. METRO

Woman chased

Man with knife subdued by police

Ottawa police say a 32-year-old man was charged with assault with a weapon after brandishing a knife and chasing a woman in the west end Friday morning. The incident ended peacefully after police drew a firearm and ordered him to drop the knife. The man, whose identity has not been released by police, was also charged with possession of a weapon for a dangerous purpose, breaching recognizance and breaching probation. METRO

15 minutes late

Bus driver's nose broken by angry passenger

An angry passenger broke an OC Transpo bus driver's nose July 26 — an attack sparked by the bus arriving 15 minutes late.

Police say they got a call about the assault near Earl Armstrong and Spratt Road on a 99 bus Friday, July 26, at 11:05 p.m. Ottawa Police Service spokesman Const. Chuck Benoit said the male passenger sat down at the rear of the bus, and when the bus arrived at the terminal west of Spratt Road he got up and punched the driver.

The youth appeared to be 17 to 18 years old, heavy set, five-foot-10 with blond hair. He was wearing white shorts and running shoes with a green T-shirt at the time, Benoit said.

The driver was taken to the General Hospital as a precautionary measure. There were no witnesses, police said.

GRAHAM LANKTREE/METRO

Bystanders rescue driver from fiery SUV crash

Firefighters work to extinguish a fire after an SUV collided with a stone culvert near the intersection of Navan Road and Tenth Line Road Monday afternoon. Paramedics responded at 3:42 p.m. and treated the sole occupant, a 49-year-old man, who they say was pulled out of his vehicle by bystanders before it caught fire. He was unconscious when paramedics arrived and was sent to hospital in serious but stable condition. COURTESY OTTAWA FIRE SERVICES

Accused wife-killer to appear in court Tuesday

Murder. Charges against Canadian Forces member, PTSD sufferer came as family prepared for funeral

JOE LOFARO
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Melissa Richmond's accused killer — her husband of eight years — will appear in court Tuesday by video teleconference on a charge of first-degree murder.

Howard Richmond, 50, was arrested by Ottawa police Friday in connection with the death of his 28-year-old wife, whose body was found in a South Keys ravine July 28. Howard is a warrant officer with the Canadian Forces. He was arrested Friday, a day before his wife's funeral.

Her friends created a Facebook page dedicated to finding her during the three days she went missing. After her death, it turned into a memorial page of sorts. In one post, her husband asked that donations be made to the Winchester Food Bank in lieu of sending flowers.

The page and Howard's Facebook profile appear to have been taken down.

Friends and family of Melissa were caught between grieving and coming to terms with the shock of learning her husband had been charged with her murder. On the same day as Melissa's funeral in Petawawa, Howard made a brief court appearance in Ottawa.

Howard Richmond
FACEBOOK

Police have not released a cause of death, but reports say Melissa was found with multiple stab wounds.

Nine days before she went missing, she and her husband were faced with a $141,412 lawsuit by the Bank of Nova Scotia for allegedly defaulting on a line of credit from the bank, according to a statement of claim obtained by Metro. The bank's lawyer, John E. Hamilton, told the Ottawa Citizen Friday the lawsuit had been discontinued shortly after it was filed July 15, but declined to say why.

Hamilton could not be reached for comment Monday.

Buskers make their grand finale

The Ottawa International Busker Festival came to a close Monday, having drawn thousands of people to Sparks Street over the long weekend. Throngs of people came to see a cadre of top-flight performers from around the world. This year's performers came from Australia, U.K., Mexico, New Zealand, Hungary and the U.S.

SEAN MCKIBBON
sean.mckibbon@metronews.ca

1 Brotherly act. Australian brothers Angus, left, and Matilda of the Circus Firemen toss burning torches back and forth atop ladders to the delight of a crowd.

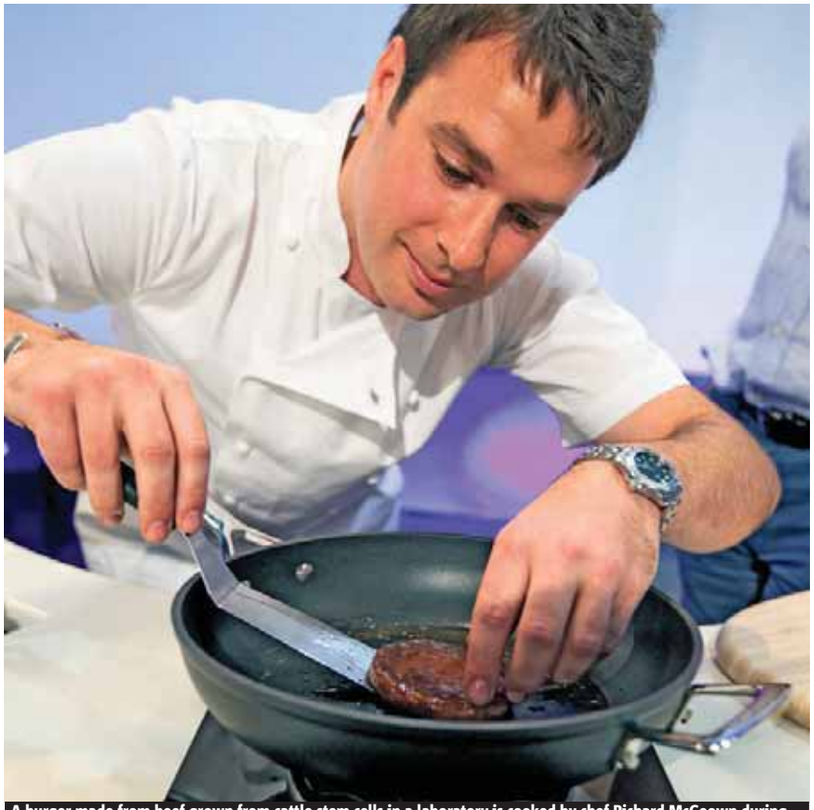
2 A mime who loves her couture. Kate Mior shows off her talent for couture and mime with a dramatic pose and a wave of her fan.

3 Staying suspended in the air. Cleo of the Aerial Angels swings into action with a high-flying noon-hour show suspended from a 25-foot-high rig.

4 Entertaining the crowd. John Higby of the Yo-Yo People! wows a crowd with a demonstration of the flying saucer trick.

5 Music with the little ones. Local musician Thomas Brawn plays flute to an accompanying band of tots banging on xylophones, drums and other pint-sized instruments.

6 Twirl it. Pancho Libre, aka Francisco Sandoual, twirls a metal hoop around his neck.



A burger made from beef grown from cattle stem cells in a laboratory is cooked by chef Richard McGeown during the world's first public tasting event for the product, held in London on Monday. DAVID PARRY/PA/THE ASSOCIATED PRESS

Laboratory burger is a low-fat marvel but a low-flavour failure

Work in progress.
Scientist says flavour is an easy fix on the path to eco-friendly meat

They bit, they chewed but had hoped for more flavour.

Two volunteers in the first public frying of lab-grown hamburger in London said Monday it had the right texture but was short on taste because of the lack of fat.

Mark Post, whose team at Maastricht University in the Netherlands developed the burger, hopes that making meat in labs could eventually help feed the world and fight climate change.

That goal is many years away, at best.

Sergey Brin, a co-founder of Google, appeared on a video shown at the event and announced that he funded the $330,000 project because of his concern for animal welfare.

Monday's taste test came after five years of research. Despite the tasters' concern about flavour, scientists say that can be tweaked.

"Taste is the least (important) problem since this could be controlled by letting some of the stem cells develop into fat cells," said Stig Omholt, director of biotechnology at the Norwegian University of Life Sciences. Adding fat to the burgers this way would probably be healthier than getting it from naturally chunky cows, said Omholt, who was not involved in the project.

THE ASSOCIATED PRESS

What? How? Why?

Scientists made the meat from the muscle cells of two cows. The cells were put into a nutrient solution to help them develop into muscle tissue, growing into small strands of meat.

- Experts say new methods are needed to satisfy growing carnivorous appetites without exhausting resources. By 2050, the Food and Agriculture Organization predicts global meat consumption will double as more people in developing countries can afford it. Raising animals for meat uses about 70 per cent of all agricultural land.

Defence. Withdrawal from NATO surveillance programs to hurt Canadian firms

The Harper government's decision to cancel Canadian participation in two NATO surveillance programs will cost contracts in the country's aerospace industry, newly released documents show.

National Defence was hoping to save as much as $90 million per year by withdrawing from the jointly owned and operated Airborne Warning and Control System (AWACS) and the Alliance Ground Surveillance (AGS), a fairly new program meant to use drones to monitor the battlefield.

Yet, documents released to The Canadian Press under access-to-information legislation show that taking part has meant a bonanza of tens of millions of dollars worth of work annually for at least half a dozen high-tech Canadian companies.

With the Canadian military no longer part of the sharing arrangement, those companies will be shut out of further bidding and not allowed to renew their existing contracts.

"Canadian industry will be affected by our withdrawal from AWACS" operations and service agreement, said a Jan. 12, 2012, memo to former defence minister Peter MacKay. The notice of withdrawal was penned in 2011 in a letter sent by Prime Minister Stephen Harper to NATO's secretary general.

Liberal defence critic John McKay is flummoxed, especially since the Conservatives tried to sell their multi-billion-dollar plan to buy F-35s on the basis the stealth fighter meant jobs for the aerospace sector. THE CANADIAN PRESS

Funds

Between 1992 and 2010, Canada contributed $161 million towards so-called depot-level maintenance of NATO's AWACS fleet, but Canadian companies received $180 million in contracts as part of the service package. Since 2010, the country's aerospace industry has pocketed roughly $12.9 million annually in AWACS service.

Botulism scare

China, Russia halt import of some N.Z. dairy products

A botulism scare has prompted China and Russia to stop importing some New Zealand dairy products, New Zealand officials said Monday, denting the country's reputation as a supplier of safe, high-quality food.

New Zealand dairy giant Fonterra announced Saturday that hundreds of tons of infant formula, sports drinks and other products sold in seven countries could be tainted after tests found bacteria in whey protein concentrate. THE ASSOCIATED PRESS

School district required by law to (heart) boobies

U.S. appeal.
9-5 decision rules bracelets designed to promote breast-cancer awareness are not 'lewd' — and therefore cannot be banned in Pa. schools

Easton Area School District students Brianna Hawk, 15, left, and Kayla Martinez, 14, display their bracelets for photographers outside the U.S. Courthouse in Philadelphia. THE ASSOCIATED PRESS FILE

A federal appeals court ruled Monday that a Pennsylvania school district cannot ban "I (heart) Boobies!" bracelets, rejecting the district's claim that the slogan — designed to promote breast-cancer awareness among young people — is lewd.

The 3rd U.S. Circuit Court of Appeals also concluded that school officials didn't prove the bracelets were disruptive.

"Because the bracelets here are not plainly lewd and because they comment on a social issue, they may not be categorically banned," Judge D. Brooks Smith wrote in the 9-5 decision.

The ruling is a victory for two Easton Area School District girls who challenged the school rule in 2010 with help from the American Civil Liberties Union. Easton is one of several school districts around the U.S. to ban the bracelets, which are distributed by the non-profit Keep A Breast Foundation of Carlsbad, Calif. ACLU lawyer Mary Catherine Roper said the ruling supports the rights of students to discuss important topics.

"It explicitly says school children talk about important things, and when they (do) ... that's the kind of speech we want to protect and promote," Roper said.

The teens, Brianna Hawk and Kayla Martinez, testified that they merely hoped to promote awareness of the disease at their middle school. They filed suit when they were suspended for defying the ban on their school's Breast Cancer Awareness Day.

In their dissent Monday, the five judges said the majority had wrongly reasoned that schools cannot limit student speech involving social commentary, even if it "could reasonably be deemed lewd, vulgar, plainly offensive, or constituting sexual innuendo."

The school district kept the litigation alive, appealing when a lower court judge ruled for the girls. THE ASSOCIATED PRESS

Quoted

"Middle school is a witch's brew of hormones and curiosity."

District solicitor John Freund on the bracelets having a sexual undertone that invites disruption in the classrooms

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One-ton swim

‘Sink like a brick’ no longer applies

Long-distance swimmer Jim Dreyer jumped into Lake St. Clair on Monday to begin a 35-kilometre trek — while hauling a ton of bricks.

Thirty hours later, Dreyer plans to come ashore on Tuesday afternoon in Detroit and finally beach his two dinghies filled with 334 bricks. THE ASSOCIATED PRESS

Dog intervenes

Camper attacked by bear — twice

A man is recovering in hospital after being attacked twice by a black bear.

Police say the Thunder Bay man was walking his two dogs in Sandbar Provincial Park on Saturday when he was attacked from behind. Police say he was able to escape into a lake.

When the man tried to walk back to camp, the bear attacked again, at which point one of the man’s dogs tried to fend off the bear. THE CANADIAN PRESS

Precious, fragile, all too few

The World Wide Fund for Nature (WWF) has put 1,600 panda figures made from papier-mâché in front of the main train station in Berlin for two days to symbolize how few of the animals are still alive in the wild. GERO BRELOER/THE ASSOCIATED PRESS

One year later, Curiosity sets sights on lofty goal

Mars mission. Rover celebrates anniversary of its landing with a lonely birthday song

Mars Science Laboratory team member Miguel San Martin, left, celebrates with Adam Steltzner after the 2012 landing. DAMIAN DOVARGANES/THE ASSOCIATED PRESS FILE

Mount Sharp has beckoned Curiosity since the NASA rover arrived on Mars exactly a year ago.

If microbes ever existed on Mars, the mountain represents the best hope for preserving the chemical ingredients that are fundamental to all living things.

Curiosity recently pointed its wheels south, rolling toward the base of Mount Sharp in a journey that will last many months. It will drive across the rock-strewn landscape, dodging bumps and taking in the scenery.

“We do a lot of off-roading on a lot of little dirt roads,” said mission manager Jennifer Trosper.

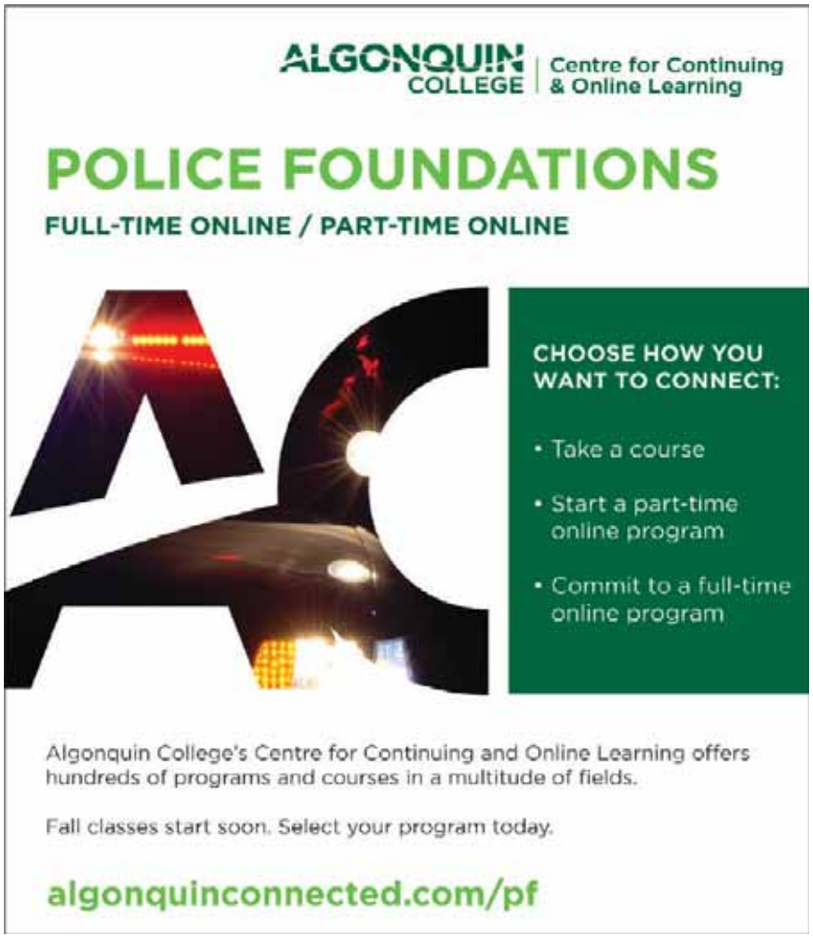
Scientists have been eager for a peek of Mount Sharp since Curiosity touched down in an ancient crater on the night of Aug. 5, 2012.

The world wondered whether Curiosity would nail its landing, which involved an acrobatic plunge through the thin atmosphere that ended with it being gently lowered to the ground with cables.

Once the euphoria of landing wore off, the nuclear-powered rover went to work, spending two months testing its instruments and systems.

To celebrate the landing anniversary, engineers commanded one of Curiosity’s instruments to play Happy Birthday as the rover took a break from driving.

Scientists initially hoped to head to Mount Sharp late last year, but decided to take a detour to an intriguing spot near the landing site. THE ASSOCIATED PRESS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New Brunswick. Two young boys killed in their sleep by python: RCMP

Two young boys were killed by a python snake as they slept in an apartment above an exotic pet store in northern New Brunswick, the RCMP said Monday.

Const. Jullie Rogers-Marsh said the boys, aged five and seven, were visiting the apartment of a friend above Reptile Ocean Inc. in Campbellton when the incident occurred.

Rogers-Marsh said police arrived at the apartment around 6:30 a.m., at which point officers found the two dead boys.

"It (the snake) had escaped its enclosure at the store sometime through the night, got into the ventilation system and into the upstairs apartment," said Rogers-Marsh. "It's believed the two boys were strangled by the snake."

She said the snake was later captured and was in the possession of police.

Rogers-Marsh said autopsies were to be performed on the two victims on Tuesday. She couldn't confirm whether the two boys were related.

She said the owner of the reptile store lived in the apartment above.

Calls to the pet store were not returned on Monday. THE CANADIAN PRESS

Brazil. Petition calls for return of Chico the pet monkey to adoptive family

When two police officers tore little Chico from the arms of Elizete Carmona, they said it was for his own good. After all, 71-year-old women aren't meant to live with endangered tufted capuchin monkeys.

But the case has upset many in Brazil, where thousands of people have signed an online petition calling on Sao Paulo state environmental officials to return Chico to the only home he's known for the past 37 years.

It's illegal to keep wild animals as pets in Brazil, especially those classified as endangered on the International Union for the Conservation of Nature's Red List of threatened species, as the tufted capuchin monkey has been.

But the Carmona family contends Chico is completely domesticated and might not survive the stress of separation.

When the officers came to their house in the city of San Carlos on Saturday, Chico grabbed onto Carmona and hugged her tight, one of the woman's sons, Everaldo Furlan, told the Globo television network.

Carmona said she was devastated when he was pulled away.

THE ASSOCIATED PRESS

Baby put up for sale

And you thought your breakup was nasty ...

A 22-year-old man angry with a woman he dated posted photos of her two-month-old daughter in a Craigslist ad and tried to sell the baby for $100, prosecutors said Monday.

Paul Marquez posted an ad entitled "baby for sale," prosecutors said. Marquez's posting acted as if he were the parent, said the baby loved to play and have fun, but had asthma and was "really getting on my nerves."

THE ASSOCIATED PRESS

Under investigation

Falling steel kills male pedestrian, 32, in Montreal

A huge slab of steel broke free from a front-end payloader in downtown Montreal on Monday, fatally slamming into a 32-year-old pedestrian.

"He was hit by a big metal plate, he was severely injured and he was quickly taken to hospital where he was pronounced dead shortly after his arrival," said Montreal police spokeswoman Anie Lemieux.

Lemieux confirmed that the workplace accident is being investigated.

THE CANADIAN PRESS

A man carries a photograph of Russian President Vladimir Putin while marching in the Vancouver Pride Parade in Vancouver on Sunday. Anti-gay laws in Russia have provoked strong protest from Canada's gay community, and anti-Russian sentiment was visible throughout Sunday's parade. DARRYL DYCK/THE CANADIAN PRESS

LGBTQ attacks in Russia nothing new

Violence. Canadian documentarian says aggression toward gays in Putin-led country is par for the course

JARED STORY
For Metro in Winnipeg

A Canadian documentarian says the violence and fear recently seen at a gay-pride parade in Russia is nothing new.

Ken Coolen, the filmmaker behind the 2009 documentary Beyond Gay: The Politics of Pride, followed the then-president of the Vancouver Pride Society to various international Pride events, including one in Moscow in 2008.

"When we were (filming) in Russia, the communication was very cryptic. It is believed that phones are tapped and communications are monitored.... When we went to the planning meeting the day before Pride, we were told to go to a hotel and then we had to call again. The meeting was actually not at a hotel but at a private residence nearby. When we went there we were asked not to film much of the apartment and to mask some of the persons in the room for fear of retribution."

On June 29 of this year, participants of St. Petersburg's fourth pride parade were met with hostility and violence, including homophobic insults, rocks, eggs and smoke bombs thrown at the group of about 50 gay-rights activists. At least eight of the anti-gay protesters made it past the police barrier and purportedly punched activists to the point of bleeding.

The violence toward gays in Russia comes in the wake of a contentious new law imposing fines on people accused of spreading "propaganda of non-traditional sexual relations."

"The aggression towards LGBTQ people in Russia has always been very active," Coolen said. "The difference the new law has made is that it has basically given permission to the hate mongers to act openly violently towards LGBTQ people."

Like 1936 Olympics?

Standing up

As a co-founder of the first ever Pride House, at the 2010 Winter Olympics in Vancouver, Ken Coolen said he's dismayed Russia will enforce its gay-propaganda laws at the upcoming Sochi Games.

"I hesitate to make this comparison, but in 1936 the Olympics were held in Germany, and people chose to look the other way and we saw how horrifically that turned out.

"We need to make sure that we stand up for the human rights of others." METRO

Pageant winner accused of throwing bombs

A young beauty pageant winner in the U.S. is accused of throwing makeshift explosives from a car.

Kendra McKenzie Gill — recently crowned Miss Riverton, Utah — and three other 18-year-olds were arrested Saturday after allegedly throwing the homemade bombs at least nine times.

Police said they admitted buying plastic bottles, aluminum foil and household chemicals before assembling the devices.

"They were throwing them at both property and people," Unified Fire Authority Capt. Clint Mecham told KUTV-TV, adding that nobody was injured. "This goes well beyond a teenage prank."

Fire officials said the devices — which can spew caustic chemicals and shrapnel when they burst — can be dangerous.

"They can do a great deal of damage to property," Mecham told KSL-TV. "They can sever limbs. They can even kill people."

Gill was booked on suspicion of 10 counts of detonating an incendiary device.

THE ASSOCIATED PRESS

Kendra McKenzie Gill
THE ASSOCIATED PRESS/SALT LAKE COUNTY JAIL

Hey baby — who are you wearing?

Royal sales boost.
New York-based swaddle maker is swamped after Prince George is pictured wearing its product

It took 45 seconds, but that was enough. Newborn Prince George, carried from the hospital to the royal car, appeared in a cotton swaddle with tiny birds on it. Mums-to-be around the world wanted to know: Who are you wearing?

The answer shows what it is like when a small company gets swept into the maelstrom of attention that comes from touching the golden hem of the House of Windsor.

Once the photos of the swaddle hit the Internet, style bloggers and fashion writers identified the would-be king's new clothes as being from New York-based aden + anais. Within four hours of George's appearance, the firm's website crashed. The next day, it crashed again. In nine days, the company had 7,000 orders — a 600 per cent increase in sales on that item.

Prince George of Cambridge was photographed leaving the hospital with his tiny hands emerging from a cotton swaddle printed with little birds. Distinctive little birds. THE ASSOCIATED PRESS FILE

The company never even issued a press release. Anyone who wanted to know the manufacturer simply had to type "royal swaddle" into Google, and up it came.

Raegan Moya-Jones, the chief executive of aden + anais, was about to start a meeting when a colleague brought in the picture. She couldn't believe it. "I thought it was Photoshopped," she said.

The company is still digging out from under a pile of orders for the swaddle, part of the Jungle Jam pack of four that in Britain costs 44.95 pounds (about $71). So just be prepared to wait if you want to similarly swaddle your little prince or princess. Jungle Jam is sold out for now in Britain and the United States.

Little George first appeared in a white crocheted blanket from G.H. Hurt & Son of Nottingham, England. They too are swamped with orders after photographers zeroed in on the firm's label, blew it up and posted it online.

THE ASSOCIATED PRESS

Beauty products. Revlon buys Colomer for $660M

Revlon is buying Colomer Group, which sells hair dye and other products to beauty salons, for about $660 million US, saying the deal will help it reach new salon customers.

The transaction reunites Revlon with its former professional products division, which the beauty products company sold to CVC Capital Partners in 2000 for about $315 million US.

Spain's Colomer markets products under brands such as Revlon Professional hair care, which it currently licenses from Revlon Inc. It also sells shampoos, conditioners and other hair products to consumers under the Creme of Nature brand and also sells nail polish and body lotions.

Revlon sells Revlon and Almay makeup, Revlon ColorSilk hair dye and other beauty products. The New York company is looking to strengthen its sales outside the U.S. Like many consumer products companies, it has had to deal with the recession in Europe, which has hurt spending.

THE ASSOCIATED PRESS

Revlon announced Monday it is buying Colomer Group, which sells hair dye and other products to beauty salons. The deal was made with the aim to help the company reach new salon customers and cut costs. THE ASSOCIATED PRESS

Play D'oh

Simpsons to get its own Lego series

Want to build a new home for Homer or try out a new hairstyle for Marge? Danish toy company Lego on Monday confirmed it will launch a special series next year, globally, that is themed on The Simpsons family. Lego spokesman Roar Rude Trangbaek wouldn't give any details about what characters would be included.

THE ASSOCIATED PRESS

Publishing

3 Boston Globe bidders say they beat sale price

Three bidders who fell short in their attempts to purchase The Boston Globe say they offered more than Boston Red Sox owner John Henry's winning $70-million US bid and criticized the decision of the seller, The New York Times Co., to make a deal with him.

THE ASSOCIATED PRESS

Without a spring iPad launch, tablet shipments turn sluggish

Worldwide shipments of tablet computers slowed down in the second quarter because Apple didn't release a new model of its trend-setting iPad, research firm IDC said Monday.

Shipments totalled 45.1 million units in the April-June period, down nearly 10 per cent from the first three months of the year. Still the second-quarter total is up nearly 60 per cent from a year ago, a sign that the market continues to grow.

"A new iPad launch always piques consumer interest in the tablet category and traditionally that has helped both Apple and its competitors," said Tom Mainelli, a research director at IDC. "With no new iPads, the market slowed for many vendors."

Apple usually releases a new iPad in the spring, but it has moved to fall launches to take advantage of the holiday shopping season. THE ASSOCIATED PRESS

Apple's iPad GETTY IMAGES FILE

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MOVING BACK HOME IS NOT SO YUCKIE

SHE SAYS

Jessica Napier
metronews.ca

Hunched over a pile of boxes in my living room this weekend, I was struck by the fact that in the past five years I have moved five times. This might seem extreme, but renting in the city in your 20s can be a transient time, and living arrangements never seem more than temporary.

One of those relocation destinations — somewhere between finishing grad school and becoming gainfully employed — was back home with my mother and father. Undesirable as it seemed at the time, I'm glad I made the move. It was a period of joblessness and uncertainty; if I had decided to nose-dive into debt in the name of "independence," it would have been a foolish mistake. Still, I'm glad it's over.

Today there are a record number of adult children living with their parents. In the United States, a Pew Research Center study released last week shows that a startling 36 per cent of Americans aged 18 to 31 are living under the same roof as Mom and Dad.

When adult children move back in with their parents, it can be a difficult adjustment for both parties. Empty-nesters are suddenly burdened with financial strain from freeloading offspring — only about 35 per cent of millennials living with their parents actually pay rent — while disenchanted boomerang kids experience a sense of failure as they return to their childhood bedrooms after years of independence.

Pop-sociologists have developed a particularly harsh acronym for this demographic: YUCKIES, or Young Unwitting Costly Kids — a generation of unemployed young adults who are capitalizing on free room and board back home and draining their parents' retirement savings in the process.

At certain life junctures — graduations, breakups, babies — many of us will rely on our parents to act as a safety net. Navigating the uncertain terrain of adulthood is challenging, and while moving back home can make you feel as if you're sliding backwards, rather than forward, it doesn't have to be that way.

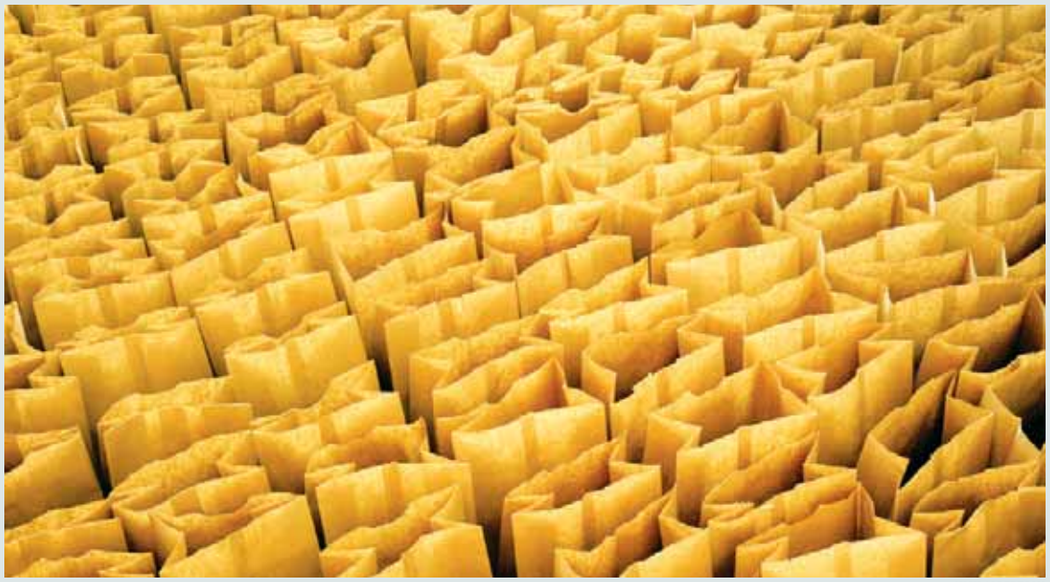
When I returned to my parents' house at 24, I had to resist the urge to fall back into familiar childhood routines and work on cohabiting in a mature dynamic. I learned a lot about my family, and myself, and I developed a new appreciation for my parents as interesting adults, not just Mom and Dad. As counterintuitive as it might seem, in a lot of ways moving back home helped me grow up.

There is always a way to make the most of a situation, even when you might think your living arrangements are less than ideal. So if you ever find yourself making the move back in with your parents, try to focus on progression, not regression. Approach the situation with optimism and gratitude, rather than bitterness, and you'll find it can be a valuable — not to mention budget-friendly — experience. Just don't get *too* comfortable.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Here's something you do see every day



NICK ALBERTSON

Everyday objects that escape the ordinary

Nick Albertson proves that beauty can be found even in the most uninteresting things. The Chicago-based artist and photographer, 29, arranges mass-produced objects — such as paper bags, rubber bands and sandwich bags — into clever patterns and photographs them to look like abstract art.

Q&A

Old meanings stripped

What is the idea behind your photographs?

NICK ALBERTSON
Artist and photographer, 29, based in Chicago

I strip utilitarian objects of their functions, repurposing them to create visceral experiences. This esthetic references abstract paintings by stripping away meanings and distilling what I was interested in.

What are you interested in?

I hope that the viewer can get lost and enveloped in these photographs. I like the tension that the images have between being beautiful and referencing high art forms, and being made quite literally of throwaway materials.

You'd think that with an infinite number of everyday objects, it would be easy to produce a stylish artwork, but I actually struggle to find new things to use. I look for very minimal objects (no logos, nothing that will be a headache to light or manipulate) and many times I'll start and then scrap it.

What objects work for you then?

Anything you can buy in bulk. Something like a can opener is an everyday object but would not work for my project. You cannot just buy one rubber band — you have to buy a whole bag of them. METRO WORLD NEWS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year it was waving bears; this year it's dancing bears. With members of the ursidae family well out of hibernation, there's been no shortage of bears being broadcast online. Explore's live bear-and-salmon cam has been a Clickbait favourite since Day One, but other bear parties have stepped onto the stage.

What Goes On When You're Not There:

This time-lapse video uploaded by Alberta Parks shows exactly what the mammals get up to (read: party) when we pesky humans aren't around. They really like to party.

Bearjacked:

Further proof of their party-animal nature, this bear gets on its hind legs, opens a truck door and tries to jack whatever's inside (presumably beer).

Polite Bear Waves Hello:

In case you missed it the first time

around, Polite Bear gets funnier with each view. Watch as the nicest bear in the world waves back while a friendly tourist drives by waving, with an enthusiasm only possible for those still in their single-digit years.

Twitter

@metropicks asked: A woman survived for 12 days in the bush thanks to Man vs Wild. What show will save your life one day?

@InfernoMoon: Game of Thrones — it has taught me that I can either win or die

@midnightchicken: walking dead. Poops going to hit the fan and I'll know what to do.

@realmikemaj: if she had watched Survivorman she would have done better. I'm surprised man vs wild didn't get her killed

@Ophiura: Gilligan's Island. Everything I need to know to remain lost on a tropical island w/ head hunters, KGB and more!

@VulgarViking: Watching Jersey Shore saved my life. I now know every STD and its treatment thanks to the dirty cast!

@BlairLangille: Fear Factor has taught me if I ever find myself in a box of scorpions, crying hysterically will keep me alive.

@thepolishviking: "Cosby Show" ...in case I'm a parent some day I'll know that a loud sweater amplifies parental skills.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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SCENE 2

DVD reviews

The Place Beyond the Pines

Director. Derek Cianfrance

Stars. Ryan Gosling, Eva Mendes, Bradley Cooper

●●●●○

The highways savagely twist and turn around Schenectady, N.Y., the blue-collar setting for The Place Beyond the Pines — but they're nothing compared to the human road map that is Luke (Ryan Gosling). A motorcycle stunt rider for a circus, he's covered in tattoos. Introduced by a long tracking shot that concludes with a dangerous whirl inside a spherical cage; he's a man going nowhere in a hurry. Roads and tattoos make apt metaphors for this entangled drama by Derek Cianfrance (Blue Valentine), that also takes in complicated characters played by Bradley Cooper and Ray Liotta. Actually three interlocking stories in one, The Place Beyond the Pines flirts with exhaustion and threatens credulity with its extreme generational conflicts and use of coincidence. Cianfrance and his sterling cast keep it all together, vanquishing doubt and soap suds.

PETER HOWELL

Percy Jackson: Sea of Monsters opens on Wednesday. CONTRIBUTED

Taking arms against a Sea of Monsters

Percy Jackson. Actress Alexandra Daddario says franchise celebrates that special thing inside of us that makes us strong

STEVE GOW
scene@metronews.ca

When the bulky-dubbed adventure flick Percy Jackson and the Olympians: The Lightening Thief hit theatres three years ago, star Alexandra Daddario was "hopefully confident" the book-turned-blockbuster would see a sequel.

"Percy Jackson was my first big movie and I was sort of unaware of the box office and what it meant and what (the producers) were expecting and that kind of thing," said the 27-year-old New York actress. "Everybody hopes it does well, obviously, but I think it has a great built-in audience."

Based on author Rick Riordan's bestselling adventures about a seemingly troubled teen that possesses incredible abilities and powers, the 2010 cinematic introduction slightly stumbled out of the gate domestically but eventually earned more than $225 million worldwide. That would surely be enough to convince all involved to return with the sequel Percy Jackson: Sea of Monsters — which opens this Wednesday.

Based on the second book in the five-novel series, the fantasy thriller casts Greek demigods Percy Jackson (Logan Lerman) and Annabeth (Daddario) into the mysterious Bermuda Triangle to seek a magical artifact with incredible healing power in order to save their home.

"I think the books and the films (have) the same common themes," said Daddario about the franchise's immense popularity. "It's great to be part of something that inspires kids. I think the great thing about the book and about the films is that no matter who you are and what your problems are — you (may) not literally be a god or find out that you have literal powers — but there is something stronger inside of you; that makes you really special, wonderful and strong. I think that's inspiring for kids and that's the message of the books and the film."

Quoted

"It's great to be part of something that inspires kids."

Alexandra Daddario, star of Percy Jackson: Sea of Monsters

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Simon Cowell ALL PHOTOS GETTY IMAGES

Cowell's crew of former flames gave him the relationship red light

Apparently Simon Cowell got plenty of warning from his "harem" of ex-girlfriends to watch out for Lauren Silverman, the married woman now said to be pregnant with his child, as they "were concerned about her motives and intentions," according to Radar Online. "Simon was warned — on multiple occasions — that he needed to be careful," says a source, explaining that Cowell has remained quite close to many of his exes. "Everyone was aware that they were hooking up and that Lauren was married. Naturally, Simon's friends were very concerned about the situation and made that known to him."

Lohan unleashes some mean girl on KStew while sitting in for Lately

Lindsay Lohan may be walking the straight and narrow following her stint in rehab, but that doesn't mean she's going to be nice now. The troubled actress made her first appearance as a guest host for Chelsea Lately and decided to kick things off by mocking Twilight star Kristen Stewart. "I'm just excited that Kristen Stewart, you know, finally showed some emotion," Lohan offered while discussing a photo in which Stewart is seen yelling at a photographer. "Of course she hates photographers. They got a picture of her kissing a married man in a Mini Cooper."

Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Of cheesy Chads, messed-with Mileys and much-too-famous felines

STARGAZING
Malene Arpe
scene@metronews.ca

Chad Kroeger says he wants to stay in the honeymoon stage with Avril Lavigne "until the day I die." He also wants a puppy that never grows up, a bouquet of everlasting roses and a pair of perpetually shiny shoes.

Jennifer Aniston says she and Justin Theroux "already feel married." "Is it like an always fresh, bottomless barrel of perfect apples?" asks Chad Kroeger.

Miley Cyrus tweets she just watched P.S. I Love You and then promptly deletes the tweet, claiming her account was hacked. It's nice to see she's finally learning to make good choices. **There is now a line of Grumpy Cat coffee called Grumppuccino.** That's clever, but I might have gone for Squeezing Cat For Money Coffee-Flavoured Beverage.

Kim Kardashian is reportedly working with her mother planning how to leave the house she's been hiding in since giving birth so that her re-entry into the world will not interfere with her sister Kylie's Sweet Sixteen party. Consider that next time you're complaining about getting laid off and not being able to pay rent, you miserable whiner.

Lindsay Lohan has reportedly made a list of some 80 friends that she considers "toxic" and will no longer associate with. Don't worry, though. They're all living at Justin Bieber's house now, so they'll be just fine.

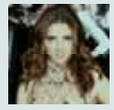
Gwyneth Paltrow admits that her doing a master cleanse lead to powerful hallucinations. That finally explains the $695 peasant dress for sale on her website.

Taylor Swift

It don't mean a thing if it ain't worth some sing

Fair warning to potential Taylor Swift suitors: The singer-songwriter is looking to continue combining business and pleasure, according to Rolling Stone magazine. "I am getting to a point where the only love worth being in is the love worth singing about," Swift says. "When you experience something that's worth writing a song about, chances are it's the same kind of intense feeling that someone else has felt and it has led them to be sitting on a bedroom floor crying or walking through a crowded room feeling alone or feeling misunderstood by the person who's supposed to know them better than anybody else."

Twitter



@AnnaKendrick47
Now, my problem w being awake at 3:30am is less that it's 6 hours before work and more that it's 4 hours before they serve any food #jetlag

@JimCarrey
Here's what they left out of The Secret. You can manifest anything in the world but first you have to convince yourself you deserve it.

@Oprah
Have u meditated yet ?if so tweet tweet me!

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Don't lag on these poses

Lisa Sanfilippo, known for smart bio-mechanical alignment yoga, gives some tips for before and after your flight to avoid jet lag

ROMINA MCGUINNESS

Standing big toe extension

Start by standing with feet together and hands by your sides. Bend your right knee and clasp your big toe with your right thumb, index and middle fingers. Place your left hand on your hip for support. Relax your shoulders and begin to extend your right leg straight out in front of you. Extend your leg as far as you can without losing your grip or straining your shoulders (you can bend your knee). Keep your hips level and lift your chest tall while gazing slightly past your lifted big toe. Keep the leg you're standing on straight. Hold for up to 30 seconds. Repeat on the opposite side.

Headstand

Begin on all fours. Interlace all of your fingers, tucking your bottom pinkie finger in so it rests in front of your other pinkie finger. Keep your fingers laced and put your hands down on the mat, keeping your wrists firm. Place the crown of your head directly behind the heels of your hands, but do not hold your head. Curl your toes under, lift your knees up, and walk your knees in toward your face. Bring one knee to your chest and lightly hop with the other foot to bring that leg onto the same position. Straighten your legs up toward the ceiling. Hold for up to 10 seconds. Come down with an exhalation, without losing the lift of the shoulder blades and with both feet touching the floor at the same time.

Wild thing

Begin in downward facing dog. Lift the right leg up into the air and rotate your hip open as you bend your knee. Pivot toward the outside edge of your left foot as you spiral your chest and pelvis to face the ceiling. Drop your right foot onto the floor behind you, landing on your foot or just the ball of your foot for a deeper bend. Arch your chest and lift your right arm up. Extend it forward, with its inner side turning toward the floor. Lift your hips and let your head hang. Hold for up to 30 seconds. Return to downward facing dog and repeat on the opposite side.

Dolphin

Begin on all fours. Place your forearms on the mat, shoulder-width apart. Curl your toes under and lift your hips up. Straighten your legs and walk as far as you can toward your hands, keeping your shoulders directly over your elbows. Relax your neck and gaze just slightly forward.

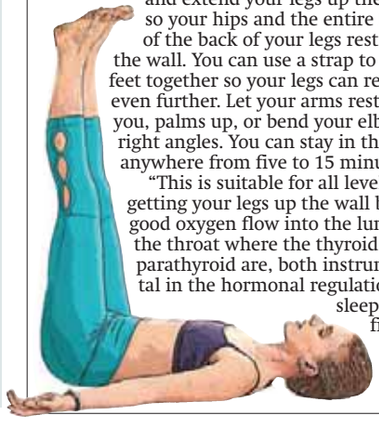
"This brings circulation down into the front of the chest and wakes up the arms and the shoulders," Sanfilippo said.

Camel

Begin by kneeling with your knees and feet hip-width apart and the tops of your feet flat on the floor. Keep your pelvis over your knees, your tailbone down, and your lower belly lifted. Bring your hands to your heart in the prayer position, roll your shoulders back and hug your elbows in. Curl your chest open by kneeling back, but keep your hips over your knees. When you can't curl your chest back any further, release your arms and grab your heels (you can also curl your toes under and touch them with your fingertips). Hold for up to 30 seconds.

Legs up the wall

Begin seated, perpendicular to a wall. Bend your knees and lie back on the floor. Pivot your torso and extend your legs up the wall so your hips and the entire length of the back of your legs rest against the wall. You can use a strap to tie your feet together so your legs can relax even further. Let your arms rest next to you, palms up, or bend your elbows at right angles. You can stay in this pose anywhere from five to 15 minutes.



"This is suitable for all levels. Just getting your legs up the wall brings good oxygen flow into the lungs, into the throat where the thyroid and the parathyroid are, both instrumental in the hormonal regulation of sleep," Sanfilippo said.

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Teeth. What to eat and what to avoid if you want a whiter, brighter smile

All the various teeth whitening strips, procedures and pastes you spend your money on in order to have the perfect smile aren't going to do a thing if you continue to guzzle red wine. Dr. Timothy Chase, a renowned cosmetic dentist and a practising partner at SmilesNY, tells us about the foods we should avoid and the ones that will help get our teeth somewhat close to pearly white.

Smile more. ISTOCK PHOTOS

Foods to avoid

It's important to avoid stain-causing foods as much as possible

- **Avoid.** Coffee, tea, blueberries, red wine, soy sauce, tobacco, soda

Do's

Certain foods help to remove bacteria that cause plaque, which hardens into a yellowish tartar if not brushed away soon enough. Crunchy fruits and vegetables work best because they function as a scrub for your teeth. They also stimulate the production of saliva, which helps to keep plaque from forming. Strawberries and oranges are both useful for polishing teeth.

Dairy products such as yogurt, milk and cheese contain a lactic acid which may help protect teeth against decay. Hard cheeses are best for whitening since they help remove food particles as well. METRO

Get the rub on what medical massages bring to the table

Health. Boris Prilutsky, a massage therapist, gives Metro a hands on look at how treatment can cure a number of ailments

Massages are not just for reducing stress. ISTOCK PHOTOS

Sure, a massage is a great way to relax and enjoy some tranquility — but could it also boost your health? It can, says Boris Prilutsky, a massage therapist who has studied massage's health benefits for more than four decades.

Medical massages are a little different from therapeutic massages, and Prilutsky says that they work wonders.

There are "more than 60 scientifically developed and clinically proven hands-on protocols" to improve back, neck and leg disorders.

That's on top of the massage's ability to reduce stress and anxiety. We wanted to know more from the massage maestro.

How did you discover that medical massage could improve one's health?

During my career I have provided thousands of treatments for people who have suffered from sports-related injuries, chronic musculoskeletal disorders, tension headaches, anxieties, etc. At least 80 per cent of the cases had successful outcomes and sometimes I have been able to prevent surgery and/or corticosteroid injections.

How is the technique of a medical massage different from a therapeutic massage?

Medical massage procedures are scientifically developed step-by-step protocols. The therapist must dedicate 50 per cent of the procedure time to kneading techniques, trigger-point therapy techniques, compressions techniques.

Do patients have control over whether they like a firmer or softer approach?

When receiving medical massage, patients have no real control to a firmer or softer approach. However, when applying initial pressure we request feedback if there is not enough pressure.

Who performs medical massage, doctors or therapists?

Licensed massage therapists who are trained how to perform protocols of medical massage can practise this methodology. METRO

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Lentil Feta Salad: To add shrimp or not? It's up to you

Lentil Feta Salad with Lemon Dressing and Grilled Shrimp

This salad serves six. ROSE REISMAN

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

If you prefer, you can buy canned lentils and forget about the cooking, but I always find that cooking your own produces a better flavour and texture.

This is a great vegetarian dish on its own without the shrimp or served as a side dish to any entrée

1. In a saucepan, combine the stock and lentils. Bring to a boil. Reduce the heat to a simmer, cover and cook just until tender, about 20 to 25 minutes. Do not overcook. Drain any excess liquid. Cool to room temperature.

2. Sauté or grill tiger shrimp for about 5 minutes or just until cooked.

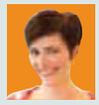
3. In a large bowl, stir together the cooked lentils, red pepper, green onion, parsley, red onion, olive oil, lemon juice, vinegar, garlic, mustard, salt, pepper and feta. Toss together before serving, and garnish each plate with one shrimp.

Ingredients

- 2 1/2 cups vegetable stock
- 3/4 cup dried green lentils
- 6 large tiger shrimp (peeled and cleaned) (optional)
- 3/4 cup diced red bell pepper
- 1/3 cup chopped green onions
- 1/3 cup chopped fresh parsley
- 1/4 cup diced red onion
- 2 tbsp olive oil
- 3 tbsp freshly squeezed lemon juice
- 2 tsp balsamic vinegar
- 1 1/2 tsp minced garlic
- 1 tsp Dijon mustard
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/2 cup diced light (30% reduced) feta cheese (1 1/2 oz/45 g)

Health Solutions

Catfish got your tongue?



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You simply must eat more fish. The evidence is mounting that the omega 3's from fish is preventative of everything from heart disease to breast cancer.

But if we all listened to this sage advice we'd risk overfishing, which is becoming a big problem as oceans and lakes are unable to keep up with the burden of commercial fishing operations.

Farming makes very good sense ecologically, but, not all farmed fish are created equal. It can and must be done properly — in terms of the environment and from a health and food safety perspective.

Look for a farmed fish that has the endorsement of watchdogs like: Monterey Bay Aquarium, Ocean Wise, SeaChoice, the Audubon Society, the World Wildlife Fund or others.

Some of the sustainable practices that are showing promise:

1. Top-feeding the fish means they stay on the surface and their diet can be monitored rather than mucking around the bottom.

2. Careful attention to food. Fish meal can be contaminated. Some species are fed land grains to prevent this.

3. No antibiotics, dyes or hormones were used.

4. Conversion rates are high, which means that the fish put on weight fast and are more efficiently able to use the small amount of feed that they get. This means there is much less fish food wasted.

One of the few farmed fishes that meets this criteria is U.S. Farm-Raised Catfish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Into the sea for salad

This Scallop Salad with Carrot-Ginger Dressing serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup chopped carrot
- 1 tbsp grated fresh ginger
- 4 scallions, sliced, white and green parts kept separate
- 3 tbsp seasoned rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 to 4 tsp chili-garlic sauce
- 2 tsp toasted sesame oil
- 1/4 cup, plus 1 tbsp vegetable oil, divided
- 1/4 cup water
- 1 lb sea scallops, tough muscle discarded and scallops patted dry
- Kosher salt and black pepper
- 1/2 cup all-purpose flour
- 6 cups arugula
- 2 cups chopped cucumber
- 1 mango, peeled, pitted and chopped
- 1/2 cup toasted peanuts

1. In a blender, combine the carrot, ginger, white parts of the scallions, rice vinegar, soy sauce, chili-garlic sauce, sesame oil, 1/4 cup of the vegetable oil and the water. Purée until very smooth. Set aside.

2. In nonstick skillet over medium-high, heat the remaining tablespoon of oil. Sprinkle the scallops on both sides with salt and pepper, dip them lightly in the flour, coating them on both sides and shaking off the excess, then add them to the pan. Reduce heat to medium and cook the scallops until they are just cooked through, about 3 minutes per side.

3. Divide arugula, cucumbers and mango among 4 salad bowls. Top salads with scallops, scallion greens and peanuts, then drizzle 3 tablespoons of the dressing over each salad. Serve. **THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**

Best financial strategy? Go simple

YOUR MONEY
Alison Griffiths
money@metronews.ca

I just spent a relaxing week on Vancouver Island, inhaling the clean air and savouring a glorious view of ocean and mountain.

While there I was struck by the burgeoning west coast culture of simplicity that pervades everything from food to hobbies, houses and even art.

Simplicity is directly connected to healthier finances. Hiking and biking is cheaper than a gym membership and a personal trainer.

Indulging your inner cook at home pays off hugely compared to take-out and eating out.

Unfortunately, so much written about improving your finances feels negative — cut out this, reduce that.

In contrast, aiming for simplicity is positive.

Focus on what you really care about, then choose a path to get there. If you do, you'll avoid spending money on a bunch of stuff you don't really want or need.

My husband's 97-year-old godmother, who we visit in Victoria every year, long ago perfected this attitude to life.

She thinks long and hard about what she wants and doesn't hesitate to spend money once a decision is made.

About five years ago she decided to enlarge and cover her patio in order to enjoy the garden during inclement weather. She paid $5,000 during the housing\ renovation boom.

"My friends gave me what-for about it," she explains with a laugh, "but I told them I wanted it now and I wanted to enjoy it for as long as possible."

She also considered replacing her carpet with linoleum to make it easier to navigate with a walker. But, the deck and garden won out.

This smart lady thought about what she wanted, spent time debating her choices, picked something she could afford and felt wonderful about spending the money.

Try taking this approach into the clothes closet. It may seem easier to go out and buy something, rather than mine what exists. But half a day spent combining outfits and reacquainting yourself with things not worn for a long time is actually the heart and soul of simplicity.

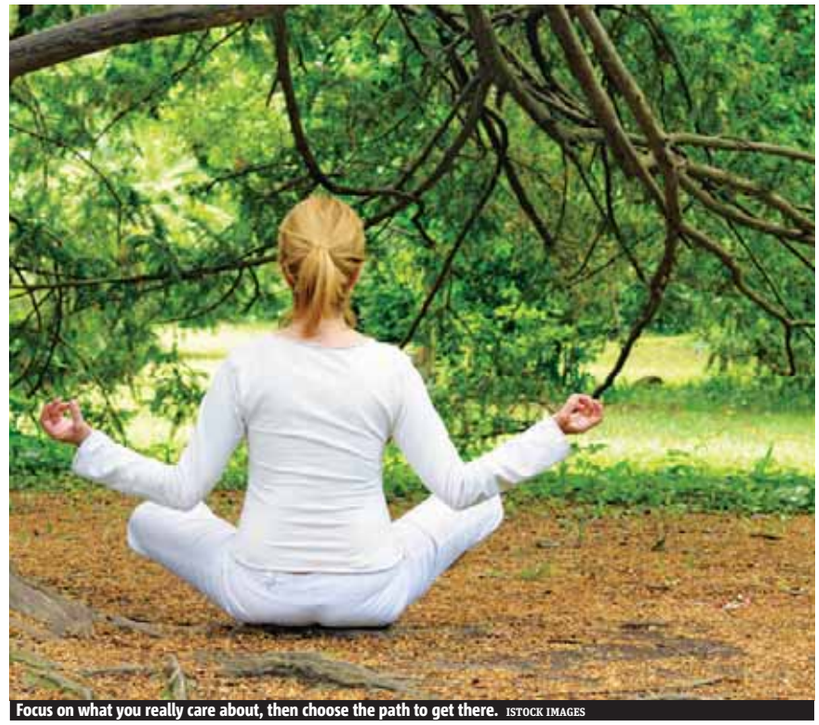
And it is a calmer, cheaper and more satisfying way to find something new to wear.

The route to financial simplicity is simple.

First decide what's truly important to you (regardless of whether it is a need or want) then take time to come up with the best and simplest way to get there.

Often you'll find it's the least expensive too.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Focus on what you really care about, then choose the path to get there. ISTOCK IMAGES

For some, posting wedding pics is an iDon't

Unplugged. Put away the phones and watch us, wedding couples are urging

ALISON BOWEN
Metro World News in New York City

You're at a wedding, inching above the other guests to capture that perfect shot of the bride.

You snap the pic on your iPhone, but it's blurry, and other phones dot the image. Not your best work, and you weren't really paying attention when the bride appeared.

This type of cellphone invasion is leading couples to take away — or at least gently suggest putting away — phones at weddings.

"Unplugged" weddings used to be the norm for celebrity weddings, event planners say.

Celebs who don't want pictures or details leaking out about their big days would post valets to check guests' phones, says Michael Russo, an event planner who works with celebrity weddings.

"This used to be a celebrity thing," adds event planner Sarah Pease. "Now it's an everyday thing."

Take a picture — it'll last longer! ISTOCK IMAGES

A recent David's Bridal survey found that 52 per cent of people said the couple should be first to post a picture online.

Recent bride Jennifer Edwards banned phones at her ceremony.

"We were constantly noticing people watching the entire ceremony through a small screen on their cellphone," she says. "I absolutely did not want to pay an outrageous amount of money for professional photographers just to have all my wedding photos on Facebook seconds after we said 'I do.'"

Other times, brides and grooms don't want guests tapping at phones at a wedding, whether texting or tweeting.

"People want their guests to be engaged, and they want them to be having a good time and be present in the moment," Russo says.

Pease says she's seen well-meaning relatives actually block the professional photographer as they creep in the aisle to take photos on an iPad.

To alert guests, some post a sign at the door, and others will put a note in the program, Pease says. Others will ask the priest or officiant to make an announcement.

But even with all the messaging, sometimes people still can't give up phones, Russo says.

"It's so funny, because at weddings it's typically dim, so you can see the people on their phones because their faces are completely illuminated — and it's not from candlelight, that's for sure," he says.

The flip side

Some couples love social media at weddings, even creating a hashtag for all guests to use and placing it somewhere guests can see. Planner Maya Kalman says hosts want people to post photos in a certain way so that everyone can see them right away.

"People have specifically made signs and ask guests to post all of their pictures to a certain Instagram," she says.

In Boston, Paula Marrero at Marrero Events said one couple even created an app especially to share wedding pics.

A-Rod to fight PED penalty

Dope boys.
Yankee star slapped with lengthiest of several MLB all-star suspensions in wake of Biogenesis scandal

Defiant till the end, Alex Rodriguez is intent on evading baseball's most sweeping punishment since the Black Sox scandal.

Rodriguez was suspended through 2014 and All-Stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games apiece Monday when Major League Baseball disciplined 13 players for their relationship to Biogenesis of America, a Florida anti-aging clinic accused of distributing banned performance-enhancing drugs.

The harshest penalty was reserved for Rodriguez, the New York Yankees slugger, a three-time Most Valuable Player and baseball's highest-paid star. He said he will appeal his suspension, which covers 211 games, by Thursday's deadline. And since arbitrator Fredric Horowitz isn't expected to rule until November or December at the earliest, Rodriguez was free to make his season debut Monday night and play the rest of this year.

Sidelined since hip surgery in January, Rodriguez rejoined the Yankees five hours after the suspension in a series opener at the Chicago White Sox, scheduled to play third base and bat fourth.

"The last seven months has been a nightmare, has been probably the worst time of my life for sure," Rodriguez said.

The other 12 players agreed to their 50-game penalties before they were announced, giving them a chance to return for the playoffs.

Ryan Braun's 65-game suspension last month and previous penalties bring to 18 the total number of players sanctioned for their connection with Biogenesis.

At the centre of it all was Rodriguez, once the greatest player of his time, reduced Monday night to saying that he was humbled, at 38, just to "have the opportunity to put on this uniform again" and adding if he didn't fight for his career, no one else would.

A-Rod's drug penalty was for "his use and possession of numerous forms of prohibited performance-enhancing substances, including testosterone and human growth hormone over the course of multiple years," MLB said.

THE ASSOCIATED PRESS

Bad company

The suspensions are thought to be the most at once for off-the-field conduct since 1921, when Commissioner Kenesaw Mountain Landis banned eight Chicago White Sox players for life for throwing the 1919 World Series against Cincinnati.

- As for the modern-day All-Stars, Cruz, an outfielder, leads Texas in homers and RBIs, while Peralta is a top hitter and solid shortstop for Detroit.
- Others agreeing to 50-game bans included Yankees catcher Francisco Cervelli and outfielder Fernando Martinez; Philadelphia pitcher Antonio Bastardo; Seattle catcher Jesus Montero; New York Mets infielder Jordany Valdespin and outfielder Cesar Puello; Houston pitcher Sergio Escalona; and free agent pitchers Fautino De Los Santos and Jordan Norberto.

Guarding his legacy

"I am disappointed with the penalty and intend to appeal and fight this through the process. I am eager to get back on the field and be with my teammates in Chicago tonight."

Alex Rodriguez in a statement on the drug allegations and returning to his team.

Alex Rodriguez speaks at a news conference before the Yankees played the White Sox on Monday. Rodriguez was suspended through 2014 and All-Stars Nelson Cruz, Jhonny Peralta and Everth Cabrera were banned 50 games each. CHARLES CHERNEY/THE ASSOCIATED PRESS

NHL, IceArizona finalize sale of Coyotes

Gary Bettman says he believes in an Arizona NHL team. GETTY IMAGES FILE

The Phoenix Coyotes' ownership saga is over.

The NHL announced the sale of the team to Canadian-led owners was finalized after it was approved by the board of governors Monday.

Once the board of governors voted to approve the sale to the IceArizona group, led by Renaissance Sports & Entertainment's Anthony LeBlanc and George Gosbee, the league's ownership of the Coyotes was terminated. The NHL had owned the team for almost four years.

"To our fans and partners in the Valley, thank you for your continued loyalty, commitment and patience for the Coyotes," Gosbee said in a statement. "The future looks bright for our franchise."

The NHL sold the Coyotes to Renaissance for $170 million US, though there was no certainty about the deal until Glendale, Ariz., completed a lease agreement in early July.

"If (the city council) voted it down, this was the end of the road," LeBlanc said at the time.

Instead, the Coyotes have a 15-year lease at Jobing.com Arena.

"The National Hockey League believes in Arizona as an NHL market and that these new owners can provide the Coyotes the opportunity to secure a stable, long-term future in Glendale," commissioner Gary Bettman said in a statement. THE CANADIAN PRESS

Hockey Canada

67s' Monahan leaves mark at junior camp

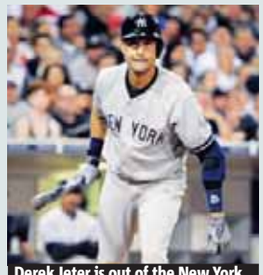
Sean Monahan of the Ottawa 67s scored and got the shootout winner as the Red team beat the Whites 3-2 in a scrimmage Monday at the junior hockey team development camp in Brossard, Que. THE CANADIAN PRESS

MLB

Yankees' Jeter back on the DL with calf injury

The New York Yankees put shortstop Derek Jeter back on the disabled list Monday in the latest setback in an injury-filled season for the captain. Jeter is out with a strained right calf.

THE ASSOCIATED PRESS



Derek Jeter is out of the New York lineup yet again. GETTY IMAGES FILE

CFL

Als' Richardson finished for 2013

The Montreal Alouettes have lost two-time all-star Jamel Richardson to knee injury for the remainder of the season. Richardson suffered a torn lateral collateral ligament and anterior cruciate ligament in his left knee during Sunday's practice. THE CANADIAN PRESS

NFL

"My job is to do the best thing for him, and that's what I'll do."

Washington head coach Mike Shanahan on keeping star quarterback Robert Griffin III from doing too much at training camp in his return from a surgically repaired knee.

Horoscopes

♈ Aries
March 21 - April 20
Even the things that don't work out the way you expected today will, in the long-term, bring remarkable benefits. What others see as limits, you see as opportunities — and the rewards will be spectacular.

♉ Taurus
April 21 - May 21
You cannot force people to do things your way if they don't want to. Even if you could, the results would not be what you expected. If you want to get things done, you need to persuade rather than coerce.

♊ Gemini
May 22 - June 21
Today's new moon will make it easy for you to find the words to explain what you are up to in a way that even your rivals and critics will agree is sensible.

♋ Cancer
June 22 - July 23
You have to move in a new direction and you have to get serious about things you merely toyed with before. That is the message of the stars for you today — and that you'll make a lot of money too.

♌ Leo
July 24 - Aug. 23
Today's new moon in your sign challenges you to push beyond your usual limits and accomplish something truly spectacular. Never doubt you have what it takes.

♍ Virgo
Aug. 24 - Sept. 23
Close your ears to criticism today and carry on with what you are doing. The only reason others are giving you a hard time is because they don't want to see you succeed where they have failed. Too bad.

♎ Libra
Sept. 24 - Oct. 23
If you respect others' views, they will respect yours. That's the theory anyway. Today's new moon means there will be plenty of debate taking place. Keep it good-natured.

♏ Scorpio
Oct. 24 - Nov. 22
You can do your career prospects a lot of good today if you face up to some kind of challenge rather than run away from it. Important people are watching you closely, so make sure you shine.

♐ Sagittarius
Nov. 23 - Dec. 21
You don't have to play by the rules. In fact, with today's new moon falling in the most adventurous area of your solar chart the rules might as well not exist — for you anyway!

♑ Capricorn
Dec. 22 - Jan. 20
No matter how much someone tries to intimidate you today, you must not give in. What can they do about it? What matters more than anything now is that you stand up for your rights — and other people's too.

♒ Aquarius
Jan. 21 - Feb. 19
There are times when it is sensible to let others take the lead and this is one of them. A new moon in your opposite sign means the less you interfere, the more you will benefit from others' actions.

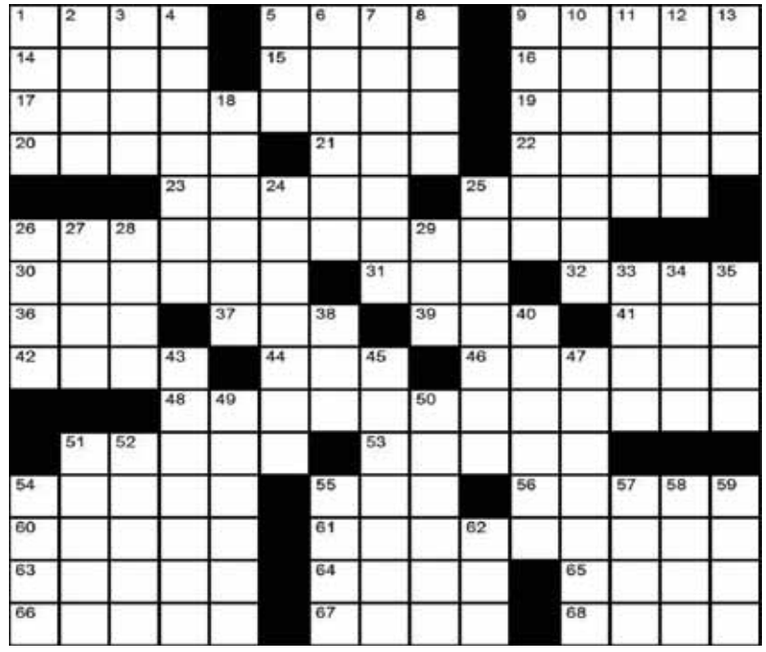
♓ Pisces
Feb. 20 - March 20
You must get organized. Above all, you must pay attention to what's going on around you. Details are always important but rarely more so than now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Beach castle material
5. Small (partially eaten here) peach-in-colour fruit
9. Attires
14. 0's telephone letters
15. "__ __ the other hand..."
16. Habituate
17. TV talk show sketch on SNL hosted by Mike Myers character Dieter
19. '50s group, Frankie __ & The Teenagers
20. Nary _ __ (Nobody)
21. Sleep some
22. Blood, __ & Tears
23. Full range
25. BC's __ River Hot Springs Provincial Park
26. Museum of __ at the University of British Columbia (tourist attraction which is also a research/teaching institute)
30. Canadian airline with a racoon mascot
31. Rice: French
32. John A. Macdonald, and others
36. Uni + Bi = ?
37. Ink-on-skin pic
39. Eggplant, e.g.
41. One __ customer: 2 wds.
42. Singer Mr. Cooke's
44. Never: German
46. Our Lady Peace hit
48. BC city; or, third in line to the British throne: 2 wds.
51. Pandemonium
53. Fishhook line
54. Heaps
55. Pretzels brand
56. "Why should _ __?"
60. Elliptical path
61. Salary systems: 2 wds.
63. State bordering QC and NB
64. "Woe __ __!"
65. Neytiri, for one, in "Avatar" (2009)
66. "...I thee wed."
67. Russian refusal
68. Loved __ (Cherished people)

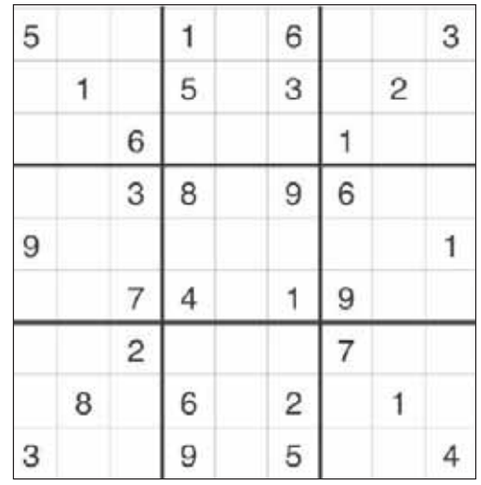
Down

1. Baseball's Sammy
2. Smartphone add-ons
3. Fictional detective Mr. Wolfe
4. Rainfall shortage
5. Informally fine
6. Prior-to-the-wedding contract, commonly
7. Shoulder's __ cuff
8. Cartoon guy Gadget's li'l rank
9. Montreal-born actress Jessalyn
10. Besides, variantly
11. Bruce and Demi's actress daughter
12. Wide-ranging
13. Faxed
18. Bordeaux wine
24. Toronto-born actor Rick
25. Cough drop
26. Li'l rental units
27. Ms. Ephron
28. Barbershop request
29. Actress Ms. Tyler
33. Old Roman road
34. Movie director, Nicolas __
35. "The Sweetest Taboo" singer
38. Can
40. Celt's language
43. Avenue in Toronto, also a subway station
45. 'Fumbling Towards __': 1993 Sarah McLachlan album
47. Ash-and-lava mountain
49. Team's player list
50. Digestive aid
51. __ reef
52. Nun's outfit
54. __ Linda, California
55. __ arms (Really angry): 2 wds.
57. Mr. Thicke
58. Dream: French
59. 'Photosynth' suffix
62. Kit

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

8	3	5	6	2	1	4	7	9
9	7	1	3	8	4	6	5	2
6	2	4	7	5	9	1	3	8
4	6	3	1	7	2	9	8	5
7	9	8	5	3	6	2	1	4
5	1	2	9	4	8	7	6	3
3	5	6	4	9	7	8	2	1
1	8	9	2	6	3	5	4	7
2	4	7	8	1	5	3	9	6

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